

# Mountain Home School District May Nutrition Newsletter



## Hello Fun and Sun!

Welcome to your monthly newsletter! We made it to the last month of school. There is a lot going on this month. Check it out!



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In this issue:

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**Discovery Kitchen**

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**A Reason To Celebrate**

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**Summer Lunch Program**

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## This Month in Discovery Kitchen

Our Discovery Kitchen program continues and we're excited to share that our theme for May is **Summer Fun!** This month we'll bring the excitement of outdoor picnics and cookouts to the cafeteria where we will engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Students will have the opportunity to enjoy summer-themed recipes that pull in a variety of flavors to enhance everyday meals. These include delicious picnic-style sides and grill-themed items. Our hope is that the Summer Fun recipes students experience in the cafeteria will be inspiration to have more *Summer Fun!* cooking at home with friends and family at cookouts, picnics and other celebrations.

Scan the QR code for a Summer Fun! recipe of Pickles Onions & Jalapenos.



chartwells  
**Discovery**  
KITCHEN



# A Reason to Celebrate!

May 1:



## May 3: School Lunch Hero Day

For many children, the cafeteria is the first place they enter on a school day. From the first time through the cafeteria line, the lunch hero has more than nutrition on their minds. The well-being of every child is important to them. Keeping them safe, happy, and providing them with good and delicious food is also a priority.



# SCHOOL LUNCH HERO DAY

## May 5: Cinco De Mayo



## May 6-10: Teacher Appreciation



## May 28: International Burger Day

If you hear a sizzle and your mouth begins to water, it just might be National Beef Burger Day! On May 28th and all summer long, there's no better time to enjoy a juicy beef burger. The day is all about kicking off the grilling season and honoring America's favorite grilling protein – beef!



## Global Eats: Hacker Middle School

So far, the students have traveled to Mexico and India and have sampled some tasty dishes. Next, we will be traveling to China and Italy. Don't forget to ask your Hacker students about the Savory dishes they have tried.



# Summer Lunch Information

## Youth Summer Food Program

FREE

JUNE 3RD - AUGUST 8TH



### AGES: 1 - 18 YEARS

CARL MILLER PARK (AMERICAN LEGION & 10TH)  
& SKYVIEW APARTMENTS (945 W 5TH N)

NOON - 1 PM

MONDAYS - FRIDAYS

AGES 1 - 18 EAT FREE; LOW COST FOR ADULTS

HEALTHY MEALS BASED ON USDA GUIDELINES

FUN, SAFE & EDUCATIONAL OPPORTUNITIES FOR YOUTH

AFFORDABLE FOR ALL FAMILIES

NO APPLICATIONS OR PROOF OF INCOME REQUIRED

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



## PROGRAMA DE COMIDAS DE VERANO

GRATIS

3 DE JUNIO - 8 DE AGOSTO



### 1 - 18 AÑOS

CARL MILLER PARK (AMERICAN LEGION & 10TH)  
& SKYVIEW APARTMENTS (945 W 5TH N)

MEDIODÍA - 1 PM

LUNES - VIERNES

1- 18 ES GRATIS; BUEN PRECIO PARA ADULTOS

COMIDAS SALUDABLES BASADAS EN LAS DIRECTRICES DEL USDA

OPORTUNIDADES DIVERTIDAS, SEGURAS Y EDUCATIVAS PARA JÓVENES

ASEQUIBLE PARA TODAS LAS FAMILIAS

NO SE REQUIEREN SOLICITUDES NI PRUEBA DE INGRESOS

ESTA INSTITUCIÓN ES UN PROVEEDOR DE IGUALDAD DE OPORTUNIDADES

